



Hello student in upper secondary!

## We know that you know!!

But now we start up again and need to remind ourselves and each other that we all have a responsibility to reduce the spread of infection.

The upper secondary school will return at the start of this semester to school-based teaching. This means that together we have a responsibility to actively work to limit the spread of infection. Therefore, it is especially important that each of us is careful to follow and respect the guidelines below:

- If possible choose to ride a bike or walk to school – this helps to reduce the load on public transport for those who must travel!
- Keep your distance
- Think about how you greet each other – wave or use, for example, feet and elbows. Avoid hugs and close encounters.
- Wash your hands
- Be at home if you are sick /show symptoms (also applies to mild symptoms)
- Call in sick if you are unable to attend school, as well as contact your mentor
- Respect meal times and the restrictions around the lunch service.
- Respect the schedule – it is especially important that you and your school mates do not stay in our common areas at a time other than during break.

### **If you are found infected with Covid 19:**

According to the Swedish Public Health Agency, you should stay at home for at least seven days after you fell ill. You should also have been fever-free for two days and clearly feel better to be considered infection-free.

If you have been treated in a hospital, it takes longer to become free from infection. And if you have been symptom-free, but given a positive test, you are not considered infection-free until after seven days, if you do not fall ill.

It is common to maintain a dry cough after a respiratory infection. It may remain for long, but without being contagious. If more than seven days have passed since you fell ill, and you have been free of other symptoms for at least two days, the remaining cough is not considered to be infectious.

There is no requirement for negative testing before returning to school.

## **Are we making any special efforts to reduce the spread of infection in addition to following the recommendations of the authorities?**

- On the school premises, there are signs reminding you to keep your distance.
- Cleaning continues, as before, with extra cleaning on surfaces that need to be disinfected frequently.
- In those student areas where many people normally stay at the same time, the flow is adjusted through scheduling.
- Initially, alternative lunch will be provided in classrooms for certain student groups.
- Larger student gatherings will be avoided.

Additional adjustments may be made during the semester.